

Bangor Girls Tennis

Player Handbook

Contact Information:

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JV Coach – Mary D’Amelio
Volunteer Assistant – Justine Andrews
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The Bangor Girls Tennis Program follows the philosophy and regulations as set forth in the Bangor Student-Athlete Guidebook. Items specific to the sport of tennis or rules not specified in the Guidebook are outlined in this Player Handbook.

Tennis is a life-long and life-lessons sport. Once learned, it can be played for the rest of one’s life and it provides numerous opportunities to learn to deal with adversity while displaying integrity. Successful tennis players learn to overcome obstacles but never lose sight of the simplest of pleasures ... the pure enjoyment of playing the game.

What is expected of the players:

1. Hard work. Tennis requires stamina, agility, and coordination. This is achieved through conditioning and drills. Every player is expected to be prepared to provide a maximum effort at every practice and every match.
2. Integrity. No other sport places the responsibility of officiating in the hands of the players. Respect that responsibility.
3. Dedication. Every practice and every match is important.

What is expected of the coaching staff:

1. To treat every player with the respect they deserve for the hard work and dedication they have for their sport.
2. To teach every player to love the game while improving their individual skills.
3. To teach players to compete through every point of every game of every set in every match.
4. Prompt announcements of schedules and any revisions that may be made to them. This is done via email/text alerts. Parents and players are to register for email/text alerts by clicking on the “Email Alerts” tab found on the homepage of “slaterathletics.org”.

What is expected of the parents:

1. Involvement. Attend the matches and support the booster club in whatever way you feel comfortable.
2. Support. Be sure to arrange to have your daughter able to arrive on time for events. Encourage proper lifestyle habits so your daughter receives the proper nutrition and necessary rest.
3. Encouragement. Be positive! Congratulate your daughter on her efforts no matter what the scoreboard says. Make an effort to know the names of every player and cheer them all.
4. Respect for the game. There is an etiquette to the sport. Never cheer until the point is over and then only for Bangor’s success not our opponent’s failure or mistake. Do not comment on line calls. It is the responsibility of the players to make the line calls and they will be expected to do so without any outside interference.

Team Guidelines:

1. Drug/Alcohol/Tobacco possession/use. School policies regarding drug/alcohol/tobacco possession/use will be strictly adhered to. Simply put, there is no place in the life of a student athlete for drug, alcohol, or tobacco use. Any player tempted to or being pressured to use them should immediately seek the help of a parent, coach, or trusted adult.
2. Practice attire. You will be working hard at practice so dress for work. Think functionality not fashion. Dress comfortably for the weather that will not restrict your ability to perform conditioning or play the game. Wear shorts with pockets or “slider shorts” under your shorts such that two tennis balls can be carried while playing.
3. Academics. Players who do not meet the required academic standards for Bangor High School will not be allowed to participate in practices or matches as per the school guidelines. Players who are ineligible are to seek help to return to academic eligibility. Players may be excused from attending practices or matches for tutoring at the discretion of the head coach.
4. Dual-Sport Athletes. Athletes who wish to participate in two scholastic sports during the Fall must follow the Athletic Department guidelines for Dual-Sport Athletes.
5. Other activities. Beyond the restrictions set forth for Dual-Sport Athletes, members of the girls tennis team are to respect their obligations to the program. See the “Attendance” section below for further information on this subject. Any conflicts that arise will be dealt with on an individual basis as per the discretion of the head coach.
6. Conferences with the coach. Follow the guidelines as set forth in the Bangor Area School District “Parent Coach Communication Plan” which can be found in the Bangor Slater Athletic Handbook.
7. Social Media. Any communication via social media expressed by any parent or player that involves members of Bangor High School girls tennis shall only be of a positive nature. The guidelines set forth in the Social Networking Policy will be strictly adhered to.
8. JV Player attendance at Varsity matches. JV player attendance at varsity matches, though encouraged, is not mandatory. JV players who attend varsity matches may have the opportunity to play exhibition matches. The JV ladder will be considered when choosing which players will play exhibition but the decision ultimately lies with the head varsity coach.

Attendance. The girls tennis season is short and intense. Players can expect a tennis activity six days a week beginning in mid-August and lasting through the month of September and into October. At times there will be two activities in a single day. Attendance at all of the events is important and players who are unable to honor their commitment may lose an opportunity for a varsity position or may be removed from the team. Below are the attendance guidelines for Bangor Girls Tennis:

1. Players are expected to attend every practice and every match. If a player will miss all or a portion of a practice or match due to a prior commitment a list of those dates and the reason for the absence are to be provided to the head coach no later than the conclusion of the morning practice session on **Wednesday August 15th**. This list is to be signed by a parent. If nothing is received from a player, they are assumed to be able to attend all activities for the whole of the season and any absence will be dealt with on an individual basis at the discretion of the head coach.
2. Players must attend a full school day (arrive by 8:15) in order to participate in a practice or matches either on that day or the following day if it is a weekend event unless prior arrangements have been made with the coaching staff.

3. Practices begin PROMPTLY at the designated time. Players are expected to be on the court ready to play at the start of practice. Players who exhibit a habit of tardiness will be dealt with at the discretion of the head coach.
4. Away matches. Your schedule will tell you the times that the bus will depart for away matches. WE WILL NOT HOLD THE BUS FOR YOU. It is your responsibility to get to the bus on time. Players who do not travel on the bus without prior approval from the head coach could potentially lose their starting position. All players should also travel back on the bus. Players may be excused from the bus ride home at the discretion of the head coach. Players must provide a signed note from a parent stating who will be transporting the player back from the match.

Establishing the varsity starting line-up

1. During the first three days of mandatory practices players will be evaluated to determine if they have sufficient skills, stamina, and speed to compete at the varsity level for this year. Those selected will play a round robin tournament to decide where each player falls on the varsity ladder.
2. Once the ladder is established, players may improve their position on the team by challenging the player directly above them on the ladder. Challenge matches are at the discretion of the coaching staff.
3. Challenge matches may be played throughout the season. Once the season begins, the winner of a challenge will have at least one week to play at that position before being challenged by any other player.
4. The top three players in the varsity ladder will play singles based on their position in the ladder. The number four player in the ladder will play in the third singles position if any of the top three players is unable to play a match. Any other additions to the singles line-up will be at the discretion of the head coach.
5. Players who do not earn a singles position will either be placed on the JV team or provided an opportunity to win a spot on a doubles team. Once doubles teams are designated, challenges amongst the teams may take place at the discretion of the head coach. The doubles teams will be assigned based on the following factors:
 - a. Performance in the round robin tournament
 - b. An assessment of a player's strengths and weaknesses
 - c. The playability of a player with other potential doubles players
 - d. Fitness and conditioning criteria

How a varsity match is played

1. In all league and district events we will play 5 matches – 3 singles and 2 doubles.
2. In non-league matches we will play 7 matches – 3 singles and 4 doubles. We can repeat any two of our three singles players for first doubles.
3. League rules specify that we must play our best player at first singles, second best at second singles, and third best at third singles. We must play our best doubles team at first doubles and our second best doubles team at second doubles.
4. Matches are played as per the USTA rules. There will be NO COACHING of a player when on the tennis court by anyone except for a member of the BHS Girls Tennis Coaching Staff.

Establishing the JV starting line-up

1. The JV ladder will be established in a similar fashion to that of the varsity ladder though the duration of the evaluation process, the format of the round robin tournament and challenges, and the amount of time a challenge winner holds their position in the line-up is at the discretion of the head JV coach.
2. Players who do not earn a varsity position may be placed in the JV line-up at a position decided by the head varsity coach. These players are not required to participate in the JV round robin tournament or face any challenges though they may be asked to do so. Once established in the JV ladder, these players are subject to possible challenges at the discretion of the head JV coach.
3. The position of a player in the JV ladder has no bearing on their status regarding the varsity line-up. JV players may have an opportunity to challenge into the varsity ladder during the season solely at the discretion of the head varsity coach and without consideration to the players position in the JV ladder.

How a JV match is played

1. As with varsity matches, USTA rules apply. There will be NO COACHING of a player when on the tennis court by anyone except for a member of the BHS Girls Tennis Coaching Staff.
2. The primary purpose of JV tennis matches is to get all capable players on the court in a competitive situation. With that goal in mind, JV match format will vary and will be agreed upon by the JV coaches of each team prior to the start of the match.

Cut Policy. Any Senior who does not qualify for the varsity round robin will be cut from the team. Any underclassman who does not qualify for the varsity OR JV round robin will be cut to the Club Team. Any player who is cut may be asked to stay on as a manager at the coach's discretion.

Club Team. The Club Team is the developmental portion of the Bangor Area School District Girls Tennis Program. Members will consist of underclassman cut from the HS team and Middle School players. Club Team players from the Middle School are NOT part of the BHS tennis roster, will not be issued uniforms, and will not participate in any sanctioned tennis matches.

Practices. The BHS Girls Tennis Calendars located under the "Team Files" of the BHS Varsity Girls Tennis webpage at slaterathletics.org will list all practices for each month. There are three different types of practices: **Club** (Club Team), **JV** (Junior Varsity), and **V** (Varsity). Club Team practices will be scheduled as court time allows while JV and Varsity practices will be daily events when no matches are scheduled. Varsity Tennis players may be asked to work with the Club Team during the Club practice sessions. Players may participate in practices other than what they would normally be assigned at the discretion of the head coach (i.e. – a JV player may at times participate in a varsity practice with head coach approval).

To the Player: Please sign this page indicating that you have read the Bangor Slater Athletic Handbook and Bangor Girls Tennis Player Handbook, understand all of the information outlined in each, and will adhere by the rules and the consequences detailed in both handbooks.

Student Name: _____

Student Signature: _____

Date: _____

To the Parents: Please sign this page indicating that you have read the Bangor Slater Athletic Handbook and Bangor Girls Tennis Player Handbook and understand the information outlined in each. Also, your signature indicates that you understand the consequences if your daughter breaks any of the rules listed in each.

Parent Name: _____

Parent Signature: _____

Date: _____